

Variable	Mean	Standard Deviation	Minimum	Maximum
Age	34.5	10.2	22	55
Gender	0.5	0.5	0	1
Marital Status	0.6	0.5	0	1
Education	12.5	1.5	10	15
Income	3500	1500	1000	7000
Health	0.8	0.2	0	1
Smoking	0.3	0.5	0	1
Alcohol	0.2	0.4	0	1
Exercise	0.4	0.5	0	1
Stress	0.6	0.5	0	1
Sleep	0.7	0.3	0	1
Work	0.8	0.2	0	1
Family	0.9	0.1	0	1
Friends	0.7	0.4	0	1
Community	0.6	0.5	0	1
Religion	0.5	0.5	0	1
Politics	0.4	0.5	0	1
Art	0.3	0.5	0	1
Music	0.4	0.5	0	1
Reading	0.5	0.5	0	1
Travel	0.6	0.5	0	1
Volunteering	0.7	0.4	0	1
Charitable	0.8	0.3	0	1
Philanthropy	0.9	0.1	0	1
Leadership	0.6	0.5	0	1
Teamwork	0.7	0.4	0	1
Communication	0.8	0.3	0	1
Problem Solving	0.9	0.1	0	1
Decision Making	0.7	0.4	0	1
Conflict Resolution	0.6	0.5	0	1
Emotional Stability	0.8	0.2	0	1
Resilience	0.7	0.3	0	1
Optimism	0.6	0.4	0	1
Gratitude	0.5	0.5	0	1
Forgiveness	0.4	0.5	0	1
Empathy	0.3	0.5	0	1
Compassion	0.2	0.4	0	1
Kindness	0.1	0.3	0	1
Generosity	0.0	0.2	0	1
Humility	0.0	0.1	0	1
Patience	0.0	0.1	0	1
Perseverance	0.0	0.1	0	1
Self-Discipline	0.0	0.1	0	1
Self-Motivation	0.0	0.1	0	1
Self-Confidence	0.0	0.1	0	1
Self-Respect	0.0	0.1	0	1
Self-Improvement	0.0	0.1	0	1
Self-Reflection	0.0	0.1	0	1
Self-Management	0.0	0.1	0	1
Self-Regulation	0.0	0.1	0	1
Self-Expression	0.0	0.1	0	1
Self-Realization	0.0	0.1	0	1
Self-Actualization	0.0	0.1	0	1
Self-Fulfillment	0.0	0.1	0	1
Self-Completion	0.0	0.1	0	1
Self-Perfection	0.0	0.1	0	1
Self-Transcendence	0.0	0.1	0	1
Self-Enlightenment	0.0	0.1	0	1
Self-Transformation	0.0	0.1	0	1
Self-Revolution	0.0	0.1	0	1
Self-Regeneration	0.0	0.1	0	1
Self-Renewal	0.0	0.1	0	1
Self-Refreshment	0.0	0.1	0	1
Self-Revitalization	0.0	0.1	0	1
Self-Regeneration	0.0	0.1	0	1
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